



Fall Edition, September – December 2016

Young at Heart Senior Center Newsletter - Fall 2016



AMAZING EXPERIENCES!



Please visit our website at

<http://www.fairfaxva.gov/ParksRec>

Four ways to register for Classes and Trips:

1. **ONLINE:** www.fairfaxva.gov/ParksRec,
24 hours a day.

2. **WALK-IN:** Come to the
City Hall Office, Stacy C. Sherwood Community
Center, or Green Acres Center:
8:30am–5 pm, Monday – Friday.

3. **MAIL-IN:** Signed and completed registration
forms mailed to:
City of Fairfax Parks and Recreation,
10455 Armstrong St., Fairfax, VA 22030.

4. **FAX-IN:** Signed and completed registration
forms must be faxed to:
703-246-6321

Payment Method Accepted

American Express, Discover, MasterCard or Visa
Make checks payable to: *City of Fairfax*.
Payment must be made at the time of registration.
Assumption of Risk
Waiver, found on registration form, must be
signed by all participants at time of registration.

General Information

Welcome

The City of Fairfax Senior Center invites you to join the
Young at Heart Senior Center for “Amazing Experiences!”

The City of Fairfax’s Senior Center is a recreational center with numerous
and varied activities for all adults 55 years and older. A registration form is
required before participating in any activities. We ask that you scan your
membership card upon entering the building. *More membership information
inside.*

We hope you get involved in the many senior center activities, free and fee-
based classes, special events and trips during this wonderful autumn season.

The City of Fairfax Parks and Recreation Department is constantly striving
to keep our gold medal standards and committed to our mission to: *Enrich
the quality of life in the City of Fairfax and maintain the unique hometown
character that makes the City a special place to live, work and play.*

Senior Center Location

Green Acres Center
4401 Sideburn Road
Fairfax, VA 22030
703-273-6090 TTY (711)

Hours of Operation:

Monday through Friday
8am to 5pm

Green Acres Senior Center Staff

Anne Chase, BS, CPRP
Recreation Manager and Senior Center Manager
anne.chase@fairfaxva.gov
(703) 359-2487

Kira Urano, BS
Senior Center Assistant
kira.urano@fairfaxva.gov
(703) 385-3943

Kathy Carter, BA
Trip Chaperone
kathy.carter@fairfaxva.gov

Jann Richards-Weltman, BS
Recreation Assistant
jann.weltman@fairfaxva.gov
(703) 273-609

Rocio Vargas, BS
Senior Center Staff
rocio.vargas@fairfaxva.gov

Senior Center General Information

Young at Heart Membership Registration Information

City and Ffx County residents may become a member free of charge after completing a blue registration form.

Non-residents of the City of Fairfax or Fairfax County will be charged a membership fee of \$50 per year to join the Senior Center. An individual 55 years and over may also choose a guest membership for a daily drop-in fee of \$5.

Memberships are valid for a 12-month period and can be purchased during Senior Center hours:

Monday – Friday: 8:00am – 5:00pm.

Please stop by the Green Acres Front Desk to register and fill out the green registration form.

Updated Wavier Information to Participate in Programs and Activities

The City of Fairfax Parks and Recreation Department has updated the Waiver for participant use when taking part in any program - please take a moment to review.

Waiver for City of Fairfax Parks and Recreation Participant:

In consideration of the registrant being granted permission by the City of Fairfax, Virginia to participate in this program and associated activities, I hereby release the City of Fairfax, Virginia and its officers, employees, agents, and volunteers from any and all liability relating to or arising out of the registrant's participation. I authorize the City of Fairfax and its officials, employees, agents and volunteers, at any such person's discretion to administer emergency first aid treatment and at my expense to obtain the services of a physician(s) and/or rescue squad and authorize the same to effect such treatment of the registrant as they deem advisable. Participants in activities sponsored or cosponsored by the Park and Recreation Department consent to the department's use of any photograph, in film or videotape of the activity in any marketing or promotional materials. I further understand that Parks and Recreation classes are to be enjoyed by all from youth through adults. Participants that continually disrupt the class and/or program experience for others will be asked to withdraw from the class and/or program with expectation of a refund, if applicable, for the balance of the class/and or program.

Class information can be viewed on the web pages below and listed in the *Leisure Times* magazine

<http://www.fairfaxva.gov/government/parks-recreation/senior-classes>

<http://www.fairfaxva.gov/government/parks-recreation/classes-and-programs#Online>

Offices and Senior Center will be Closed On observed 2016 Holidays:

1. Monday, September 5, 2016 – Labor Day
2. Friday, November 11, 2016 – Veterans Day
3. Thursday, November 24, 2016 – Thanksgiving Day
4. Friday, November 25, 2016 – Day after Thanksgiving
5. Friday, December 23, 2016 – Christmas Holiday (half day: closed at 12 noon)
6. Monday, December 26, 2016 – Christmas Holiday observed
7. Monday, January 2, 2017 – New Year's Day

Upcoming Events

Mon, August 1: 8:30am

Fri, August 5: 12pm

Wed, August 17: 9:30am

Fri, August 19: 12 noon

Fri, August 26: 11:30am

Mon, September 5

Tues- Mon, Sept 6-12

Sat-Sat, Sept 10-17

Friday, Sept 16: 11am

Wed & Thurs Sept 28 & 29

September 10 - 23

Thurs, September 15: 10am

Thurs, September 15: 11am

Thurs, September 29: 12 noon

Fri, September 30: 12 noon
12 noon

Fri, October 7: Noon
12:30pm

Fri, October 14: 11:30am

Thurs, October 20: 12 noon

Sat, October 22: 9:00am-1pm

Fri, October 28: 11:30am

Mon, October 31: 9:30am

Mon, October 31: 10:30am

Thurs, November 3 & 10: 12 noon

Fri, November 4: 12 noon

Thurs, November 11

Fri, November 18: 11:30am

Thurs & Fri, November 24 & 25

Fri, December 2: 12 noon

Fri, December 9: 12 noon

Fri, December 16: 11:30am

Fri, December 23: 12 noon

Mon, December 26

Fri, December 30: 11:30am

Mon, January 2, 2017

On-site Trip Registration: September - December 2016 Trips

Lunch & Learn: *Nutrition and Your Health*

Purcellville Food and Spirits Trip

Lunch & Learn: *Fall Prevention-Balance, Strength & Stretch*

End of the Summer Potluck Picnic – Hawaiian Luau Theme – sign up!

Center Closed: Labor Day Holiday Observed

Open House for Fitness class – Enjoy your First Class for FREE!

Canada Motor coach trip to Montreal, Quebec City and Ottawa

Lunch & Learn: *“Show and Tell” – How to Tell the Story of your Life*

AARP Smart Driver Program – Pre-registration required

Northern Virginia Senior Olympics throughout region

Bocce Competition at Green Acres Center (*Rain date Sept. 22*)

Horseshoes Competition at Green Acres Center (*Rain date Sept. 22*)

Young at Heart Photo Contest – Entries Due

Salad Luncheon – sign up to bring toppings and sides

Lunch & Learn: *Facts about Diabetes*

October Birthday Celebration!

Young at Heart Photo Contest - Awards Ceremony

Lunch & Learn: *Emergency Preparedness*

Lunch & Learn: *Women and Money*

Young at Heart Flea Market & Fixin's *fun-draiser* at Sherwood Center

Halloween Pot Luck Party at the Sherwood Center

Craft: White House cookie kit making – Get Out & Vote Nov. 8

Parade of Halloween Trick or Treaters by Main Street CDC preschoolers

Lunch & Learn: *Social Media and Your Devices*

November Birthday Celebration!

Center Closed: Veterans Day Holiday

Thanksgiving Banquet

Center Closed: Thanksgiving Holiday

December Birthday Celebration!

Lunch & Learn: Origami – The Art of Folding Paper

Christmas Holiday Pot Luck Party

Center Closes at 12 noon

Center Closed: Christmas Holiday

New Year's Eve Pizza Party




Center Closed: New Year's Day Holiday observed

CITY OF FAIRFAX SENIOR CENTER

September 2016 – Senior Center Month:

(703) 273-6090

"Find Balance at Your Center"



Mon	Tue	Wed	Thu	Fri	Sat
<p>September – December Trips published July 18, 2016 with Registrations beginning Monday, August 1 at 8:30am.</p>	<p>Check out our website www.fairfaxva.gov Calendar subject to change- Updates will be posted on website and at Senior Center</p>	<p>Bold items on calendar are new sessions beginning or special events.</p>	<p>1 8am: Men's Coffee Group TRIP: Gari Melcher House & Studio 9am: Bocce – outside courts 9:30am: Adv. Contract Bridge/ Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am German Conversation 1pm: Pickleball / Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>2 8am: Men's Coffee Group 9:15/10:15am: Tai Chi Adv/ Beg. 9:30am: Pinochle / Bridge Level I 10am: Grand Slam Bridge 10:30am: BUNCO 12noon: September Birthdays! 1:30pm: Trip Committee Meeting</p>	
<p>5 Labor Day Holiday: Center Closed</p> 	<p>6 OPEN HOUSE – FITNESS CLASSES 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Canasta / Military History 11:30am: Easy Strength Training 1pm: Current Events / Pickleball 2pm: World Powers 1930's game 2:20pm: Dance Party 3pm: Beg Pickleball Lessons – 3x</p>	<p>7 TAKE YOUR 1ST CLASS FREE! 8am: Men's Coffee Group 8:30am: Seniorcise TRIP: Occoquan Boat Ride and Lunch at Tim's 10am: Pinochle 12noon: Chess 1pm-3pm: Pickleball 2:15pm: Stretch & Balance – 8 wks.</p>	<p>8 TAKE 1ST FITNESS CLASS FREE! 8am: Men's Coffee Group 9am: Bocce – outside courts 9:30am: Adv. Contract Bridge/Pinochle 10am: Mah Jongg 10:30am: German Conversation 11:30am: Easy Strength Training 1pm: Pickleball / Millennium Art Guild 2:30pm: Social Line Dancing – 8 wk</p>	<p>9 TAKE YOUR 1ST CLASS FREE! 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/ Bridge Level I 10am: Grand Slam Bridge 10:30am: BINGO 12noon: BP Checks-Ask A Nurse</p>	<p>10 CANADA TRIP THRU 9/17 Northern VA Senior Olympics Begins thru 9/23</p> 
<p>12 TAKE 1ST FITNESS CLASS FREE! 8am: Men's Coffee Group 9:30am: All Bridge Groups 10am: Mah Jongg / Grand Slam 10:30am: DAY AT THE RACES 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm: Tea&Talk – Fermented Food</p>	<p>13 8am: Men's Coffee 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 12:30pm: Sr. Clogging I – 8 wks. 1 pm: Current Events / Pickleball 1:30pm: Hospitality Committee Mtg. 2pm: World Powers 1930's game 2:20pm: Dance Party 3pm: Beg Pickleball Lessons</p>	<p>14 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle TRIP: Brentsville Historic District and Rippon Lodge 12noon: Chess 1pm-3pm: Pickleball 2:15pm: Stretch & Balance</p>	<p>15 8am: Men's Coffee Group 9am: Bocce – outside courts 9:30am: Adv. Contract Bridge/Pinochle 10am: Mah Jongg / Ffx Antique Arts Assn 10am: NVSO Bocce 10:30am: German Conversation 11am: NVSO Horseshoes 11:30am: Easy Strength Training 11:30am/11:45am: LUNCH BUNCH 1pm: Pickleball / Millennium Art Guild 2:15pm: Sit & Fit 2:30pm: Social Line Dancing 3pm: Beg Pickleball Lessons</p>	<p>16 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/ Bridge Level I 10am: Grand Slam Bridge 10:30am: BUNCO 11am: LUNCH & LEARN: "Show and Tell" – How to Tell the Story of Your Life</p>	<p>17</p>  <p>Fitness Room Open Mon-Thur 8am-9pm, Fri 9am-5pm Sat & Sun 9am-2pm FREE for 55+ with card</p>
<p>19 8am: Men's Coffee Group 9:30am: All Bridge Groups 9:30am: Beg. Bridge Classes – 6x 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing 12 noon: Chess 12 noon: NOVA Neighbors Bridge 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm: Drawing & Painting Classes</p>	<p>20 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 12:30pm: Sr. Clogging I 1pm: Current Events / Pickleball 2pm: World Powers 1930's game 2:20pm: Dance Party</p>	<p>21 8am: Men's Coffee Group 8:30am: Seniorcise TRIP: Anderson House, DC 10am: Pinochle 12noon: Chess 1–3pm: Pickleball 2:15pm: Stretch & Balance</p>	<p>22 AUTUMN EQUINOX: 10:21am 8am: Men's Coffee Group 9am: Bocce – outside courts 9:30am: Adv. Contract Bridge/Pinochle 10am Mah Jongg 10:30am: German Conversation 11:30am: Easy Strength Training 1-3pm: Pickleball 1-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit 2:30pm: Social Line Dancing</p>	<p>23 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Coupons Military/ Bridge 10am: Grand Slam / Pinochle 10am 90's Club 10:30am: BINGO 12noon: BP Checks-Ask A Nurse</p>	<p>24</p>
<p>26 8am: Men's Coffee Group 9:30am: Beginning Bridge Classes 9:30am: All Bridge Groups 10am: Mah Jongg / Grand Slam 10:30am: DAY AT THE RACES 10:30am: Line Dancing – 8 wks 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm: Drawing & Painting Art Class</p>	<p>27 8 am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 12:30pm: Sr. Clogging I 1pm: Current Events / Pickleball 1:30pm: Senior Council Meeting 2pm: World Powers 1930's game 2:20pm: Dance Party</p>	<p>28 8am: Men's Coffee Group 8:30am: Seniorcise 10am: MOVIE & POPCORN: The Intern 10am: AARP Smart Driver Course 10am: Pinochle 12noon: Chess 1pm-3pm: Pickleball 2:15pm: Stretch & Balance</p>	<p>29 8am: Men's Coffee Group 9am: Bocce – 11:30: Awards Picnic 9:30am: Adv. Contract Bridge/Pinochle 10am: Fabric Fanatics/10:30am German 10am: AARP Smart Driver/MahJongg TRIP: Washington Nat'l's Baseball 11:30am: Easy Strength Training 12: Photo Contest Entries Due 2pm: Learn Spanish – 8 wks 2:15pm: Sit & Get Fit 2:30pm: Social Line Dancing</p>	<p>30 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Coupons Military/Bridge 10am: Grand Slam / Pinochle 10am: 90s Club 12noon: SALAD LUNCHEON! 12noon: LUNCH & LEARN: "Facts about Diabetes"</p>	<p>* All Potluck Luncheons and Guest Speakers require advanced registration at the Green Acres Center Front Desk or call 703-273-6090</p>

CITY OF FAIRFAX SENIOR CENTER

October 2016

(703) 273-6090

Mon	Tue	Wed	Thu	Fri	Sat
<p>3</p> <p>8 am: Men's Coffee Group</p> <p>9:30am: Beginning Bridge Classes</p> <p>9:30am: All Bridge Groups</p> <p>10am: Mah Jongg/Crafts/GrandSlam</p> <p>10:30am: Line Dancing</p> <p>12 noon: NOVA Neighbors Bridge</p> <p>12 noon: Chess</p> <p>1pm-3pm: Pickleball</p> <p>4pm: Drawing & Painting Class</p>	<p>4</p> <p>8am: Men's Coffee Group</p> <p>8:30am: Seniorcise</p> <p>9:30am: Mexican Train</p> <p>10am: Military History / Canasta</p> <p>11:30am: Easy Strength Training</p> <p>12:30pm: Sr. Clogging I</p> <p>1pm: Current Events / Pickleball</p> <p>2pm: World Powers 1930's game</p> <p>2:20pm: Dance Party</p> <p>3pm: Beg Pickleball Lessons – 3x</p>	<p>5</p> <p>8am: Men's Coffee Group</p> <p>8:30am: Seniorcise</p> <p>TRIP: Graves Mountain Lodge</p> <p>10am: Pinochle</p> <p>12noon: Chess</p> <p>1pm-3pm: Pickleball</p> <p>2:15pm: Stretch & Balance</p>	<p>6</p> <p>8am: Men's Coffee Group</p> <p>9:30am: Adv.Contract Bridge/ Pinochle</p> <p>10am: Mah Jongg: Int'l & Chinese</p> <p>10:30am: German Conversation</p> <p>11:30am: Easy Strength Training</p> <p>1-3pm: Pickleball</p> <p>1-4pm: Millennium Art Guild</p> <p>2pm: Learn Spanish</p> <p>2:15pm: Sit & Get Fit</p> <p>2:30pm: Social Line Dancing</p>	<p>7</p> <p>8am: Men's Coffee Group</p> <p>8:30am: Seniorcise</p> <p>9:15/10:30am: Tai Chi: Adv./Beg</p> <p>9:30am: Bridge Level I / Pinochle</p> <p>10am: Grand Slam Bridge</p> <p>10:30am: BINGO</p> <p>12noon: October Birthdays!</p> <p>12noon: BP Checks –Ask a Nurse</p> <p>12:30pm: Photo Contest Awards</p> <p>1:30pm: Trip Committee Meeting</p>	<p>8</p> <p>Fairfax</p>  <p>Festival</p> <p>10am-5pm</p> <p>(Raindate: 10/9)</p>
<p>10</p> <p>Columbus Day – OPEN!</p> <p>8 am: Men's Coffee Group</p> <p>9:30am: Beginning Bridge Classes</p> <p>9:30am: All Bridge Groups</p> <p>10am: Mah Jongg / Grand Slam</p> <p>10:30am: DAY AT THE RACES</p> <p>10:30am: Line Dancing</p> <p>12 noon: Chess</p> <p>1pm-3pm: Pickleball</p> <p>2:15pm: Chair Yoga – 6 wks.</p> <p>4pm: Drawing & Painting Classes</p>	<p>11</p> <p>8am: Men's Coffee Group</p> <p>8:30am: Seniorcise</p> <p>9:30am: Mexican Train</p> <p>10am: Military History / Canasta</p> <p>11:30am: Easy Strength Training</p> <p>12:30pm: Sr. Clogging I</p> <p>1pm: Current Events / Pickleball</p> <p>1:30pm: Hospitality Committee Mtg.</p> <p>2pm: World Powers 1930's game</p> <p>2:20pm: Dance Party</p> <p>3pm: Beg Pickleball Lessons</p>	<p>12</p> <p>8am: Men's Coffee Group</p> <p>8:30am: Seniorcise</p> <p>10am: Pinochle</p> <p>TRIP: Riverside Dinner Theater:</p> <p>Driving Miss Daisy</p> <p>12noon: Chess</p> <p>1pm-3pm: Pickleball</p> <p>2pm: Intro. to Digital Scanning</p> <p>2:15pm: Stretch & Balance</p>	<p>13</p> <p>8am: Men's Coffee Group</p> <p>9:30am: Adv. Contract Bridge</p> <p>9:30am: Intro. to Digital Scanning</p> <p>9:30am: Pinochle</p> <p>10am: Mah Jongg: Int'l & Chinese</p> <p>10:30am: German Conversation</p> <p>11:30am: Easy Strength Training</p> <p>11:30am/11:45am: LUNCH BUNCH</p> <p>1pm: Pickleball / Millennium Art Guild</p> <p>2pm: Learn Spanish</p> <p>2:15pm: Sit & Get Fit</p> <p>2:30pm: Social Line Dancing</p>	<p>14</p> <p>8am: Men's Coffee Group</p> <p>8:30am: Seniorcise</p> <p>9:15/10:15am: Tai Chi: Adv./Beg</p> <p>9:30am: Pinochle/ Bridge Level I</p> <p>9:30am: Intro. Digital Scanning</p> <p>10am:Grand Slam Bridge</p> <p>10:30am: BUNCO</p> <p>11:30am: LUNCH & LEARN:</p> <p>"Emergency Preparedness"</p>	<p>15</p> <p>12:30-1:30pm – Free Exercise Equipment Orientation in Fitness Rooms</p>
<p>17</p> <p>8am: Men's Coffee Group</p> <p>9:30am: Beginning Bridge Classes</p> <p>9:30am: All Bridge Groups</p> <p>10am: Mah Jongg / Grand Slam Bridge</p> <p>10:30am: Line Dancing</p> <p>12 noon: NOVA Neighbors Bridge</p> <p>12 noon: Chess</p> <p>1pm-3pm: Pickleball</p> <p>2:15pm: Chair Yoga</p> <p>4pm: Tea&Talk – Anti-InflamPyramid</p> <p>4pm: Drawing & Painting Class</p>	<p>18</p> <p>8am: Men's Coffee Group</p> <p>8:30am: Seniorcise</p> <p>9:30am: Mexican Train</p> <p>10am: Military History / Canasta</p> <p>11:30am: Easy Strength Training</p> <p>12:30pm: Sr. Clogging I</p> <p>1pm: Current Events / Pickleball</p> <p>2pm: World Powers 1930's game</p> <p>2:20pm: Dance Party – 6 wks.</p> <p>3pm: Beg Pickleball Lessons</p>	<p>19</p> <p>8am: Men's Coffee Group</p> <p>8:30am: Seniorcise</p> <p>TRIP: Hollywood Casino or Shepherdstown, WV</p> <p>10am: Pinochle</p> <p>12noon: Chess</p> <p>1pm-3pm: Pickleball</p> <p>2:15pm: Stretch & Balance</p>	<p>20</p> <p>8am: Men's Coffee Group</p> <p>9:30am: Adv.Contract Bridge/ Pinochle</p> <p>10am: Mah Jongg/ FairfaxAntique Arts</p> <p>10:30am: German Conversation</p> <p>11:30am: Easy Strength Training</p> <p>12noon: "Women and Money"</p> <p>1pm: Pickleball /MillenniumArt Guild</p> <p>1pm: Intro.AmericanMahJongg – 3x</p> <p>2pm: Learn Spanish</p> <p>2:15pm: Sit & Get Fit</p> <p>2:30pm: Social Line Dancing</p>	<p>21</p> <p>8am: Men's Coffee Group</p> <p>8:30am: Seniorcise</p> <p>9:15/10:15am: Tai Chi: Adv./Beg</p> <p>9:30am: Pinochle/ Bridge Level I</p> <p>10am: Grand Slam Bridge</p> <p>10:30am: BINGO</p> <p>12noon: BP Checks - Ask A Nurse</p>	<p>22</p> <p>9 am – 1 pm</p> <p>Young at Heart</p> <p>Flea Market & Fixin'</p> <p>at</p> <p>Stacey C. Sherwood</p> <p>Community Center</p>
<p>24</p> <p>8am: Men's Coffee Group</p> <p>9:30am: Beginning Bridge Classes</p> <p>9:30am: All Bridge Groups</p> <p>10am: Mah Jongg/Crafts/GrandSlam</p> <p>10:30am: DAY AT THE RACES</p> <p>10:30am: Line Dancing</p> <p>12 noon: Chess</p> <p>1pm-3pm: Pickleball</p> <p>2:15pm: Chair Yoga</p> <p>4pm: Drawing & Painting Class</p>	<p>25</p> <p>8am: Men's Coffee Group</p> <p>8:30am: Seniorcise</p> <p>9:30am: Mexican Train</p> <p>10am: Military History / Canasta</p> <p>11:30am: Easy Strength Training</p> <p>12:30pm: Sr. Clogging I</p> <p>1pm: Current Events / Pickleball</p> <p>1:30pm: Senior Council Meeting</p> <p>2pm: World Powers 1930's game</p> <p>2:20pm: Dance Party</p>	<p>26</p> <p>8am: Men's Coffee Group</p> <p>8:30am: Seniorcise</p> <p>10am: Pinochle</p> <p>10am: MOVIE & POPCORN:</p> <p>Concussion</p> <p>12noon: Chess</p> <p>1pm-3pm: Pickleball</p> <p>TRIP: Historic Old Town Alexandria Ghost Tour</p> <p>2:15pm: Stretch & Balance</p>	<p>27</p> <p>8am: Men's Coffee Group</p> <p>9:30am: Adv.Contract Bridge/Pinochle</p> <p>10am: Fabric Fanatics</p> <p>10am: Mah Jongg: Int'l & Chinese</p> <p>10:30am: German Conversation</p> <p>11:30am: Easy Strength Training</p> <p>1pm: Pickleball / Millennium Art Guild</p> <p>1pm: Intro. American Mah Jongg</p> <p>2pm: Learn Spanish</p> <p>2:15pm: Sit & Get Fit</p> <p>2:30pm: Social Line Dancing</p>	<p>28</p> <p>8am: Men's Coffee Group</p> <p>8:30am: Seniorcise</p> <p>9:15/10:15am: Tai Chi: Adv./Beg</p> <p>9:30am: Cut Coupons For Military</p> <p>9:30am: Pinochle/ Bridge Level 1</p> <p>10am Grand Slam Bridge/90's</p> <p>10:30am: BUNCO</p> <p>11:30am: Halloween Pot Luck at</p> <p>Sherwood Comm. Ctr.</p> 	<p>29</p> <p>**** All Potluck Luncheons and Guest Speakers require advanced registration at the Front Desk or call (703) 273-6090</p>
<p>31</p> <p>8 am: Men's Coffee Group</p> <p>9:30am: All Bridge groups / Craft</p> <p>10am: Mah Jongg/GrandSlamBridge</p> <p>10:30am: Line Dancing / BUNCO</p> <p>10:30am:MSCDC Halloween Parade</p> <p>12 noon: Chess</p> <p>1pm-3pm: Pickleball</p> <p>2:15pm: Chair Yoga</p>		<p>Bold items on calendar are New Sessions beginning or Special Events.</p>		 <p>Fitness Room Open</p> <p>Mon-Thur 8am-9pm, Fri 9am-5pm</p> <p>Sat & Sun 9am-2pm</p> <p>FREE for 55+ with card</p>	<p>Check out our website www.fairfaxva.gov</p> <p>Calendar subject to change- Updates will be posted on website and at Senior Center.</p>

Mon	Tue	Wed	Thu	Fri	Sat
	1 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 12:30pm: Sr. Clogging I 1pm: Current Events / Pickleball 2pm: World Powers 1930's game 2:20pm: Dance Party	2 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle <u>TRIP: Smithsonian's National Museum of African American History and Culture</u> 12noon: Chess 1pm-3pm: Pickleball 2:15pm: Stretch & Balance – 8 wk	3 8am: Men's Coffee Group 9:30am: Adv. Cont. Bridge/ Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am: German Conversation 11:30am: Easy Strength Training 12noon: Social Media Your Devices 1pm: Intro. American Mah Jongg 1pm: Pickleball / Millennium Art Guild 2pm: Learn Spanish 2:15pm: Sit & Get Fit – 8 wks. 2:30pm: Social Line Dancing – 8x	4 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/ Bridge Level I 10am: Grand Slam Bridge 10:30am: BINGO 12 noon: November Birthdays! 12noon: BP Checks-Ask A Nurse 1:30pm: Trip Committee Meeting	5 Bold items on calendar are new sessions beginning or special events.
7 8am: Men's Coffee Group 9:30am: All Bridge Groups 10am: Mah Jongg / Grand Slam 10:30am: DAY AT THE RACES 10:30am: Line Dancing 12 noon: NOVA Neighbors Bridge 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm: Drawing & Painting Classes	8 ELECTION DAY – VOTE! 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events/ Pickleball 1:30pm: Hospitality Committee Mtg. 2pm: World Powers 1930's game 2:20pm: Dance Party	9 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/Beg Bridge Play <u>TRIP: Phillips Collection</u> 10am: Grand Slam Bridge 12noon: BP Checks – Ask A Nurse 12:30pm: Table Games 2:15pm: Stretch & Balance	10 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 9:30am: Pinochle / 10am: Mah Jongg 10:30am: German Conversation 11:30am: Easy Strength Training 12noon: Social Media Your Devices 1pm: Pickleball 1pm: Millennium Art Guild 2pm: Learn Spanish 2:15pm: Sit & Get Fit 2:30pm: Social Line Dancing	11 Veterans Day – Center Closed 	12 **** All Potluck Luncheons and Guest Speakers require advanced registration at the Front Desk or call (703) 273-6090
14 8am: Men's Coffee Group 9:30am: All Bridge Groups 10am: Mah Jongg/Crafts/Grand Slam 10:30am: Line Dancing 10:30am: BINGO 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm: Tea&Talk – Coconut Oil 4pm: Drawing & Painting Class	15 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2pm: World Powers 1930's game 2:20pm: Dance Party	16 8am: Men's Coffee Group 8:30am: Seniorcise <u>TRIP: Arena Stage – Carousel</u> 10am: Pinochle 12noon: Chess 1pm-3pm: Pickleball 2:15pm: Stretch & Balance	17 8am: Men's Coffee Group 9:30 am – Adv. Contract Bridge 9:30am: Pinochle / 10am: Mah Jongg 10am: Fairfax Antique Arts Assn. 10:30am: German Conversation 11:30am/11:45am: LUNCH BUNCH 11:30am: Easy Strength Training 1pm: Pickleball / Millennium Art Guild 2pm: Learn Spanish 2:15pm: Sit & Get Fit 2:30pm: Social Line Dancing	18 8am: Men's Coffee Group 8:30am: Seniorcise 9:15am/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/ Bridge Level I 9:30am: Cut Coupons For Military 10am: Grand Slam Bridge 10:30am: BUNCO 11:30am: Thanksgiving Banquet 12noon: BP Checks-Ask A Nurse	19 HOLIDAY CRAFT SHOW Fairfax HS  10am-5pm; Sun 11/20: 10am-3pm
21 8am: Men's Coffee Group 9:30am: All Bridge Groups 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing – 4 wks. 10:30am: DAY AT THE RACES 12 noon: NOVA Neighbors Bridge 12 noon: Chess 1pm-3pm: Pickleball 4pm: Drawing & Painting Class Nov. 28-30 listed on December	22 8am – Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events / Pickleball 1:30pm: Senior Council Meeting 2pm: World Powers 1930's game 3pm: Beg Pickleball Lessons – 3x	23 8am: Men's Coffee Group 8:30am: Seniorcise 10am: MOVIES & POPCORN: The Martian 10am: Pinochle 12noon: Chess 1pm-3pm: Pickleball	24 Thanksgiving – Senior Center Closed 	25 Thanksgiving Holiday – Senior Center Closed 	26  Fitness Room Open Mon-Thur 8am-9pm, Fri 9am-5pm Sat & Sun 9am-2pm FREE for 55+ with card

CITY OF FAIRFAX SENIOR CENTER

December 2016

(703)273-6090

Mon	Tue	Wed	Thu	Fri	Sat
28 Nov 8am: Men's Coffee Group 9:30am: All Bridge Groups 10am: Mah Jongg / Grand Slam 10:30am: BUNCO 10:30am: Line Dancing 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga – 4 wks 4pm: Drawing & Painting Class	29 Nov 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 12:30pm: Sr Clogging: Beg II – 8 wks 1pm: Current Events / Pickleball 2pm: World Powers 1930's game 2:20pm: Dance Party 3pm: Beg Pickleball Lessons	30 Nov 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 12noon: Chess 1pm-3pm: Pickleball 2:15pm: Stretch & Balance	1 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 9:30am: Pinochle 10am: Mah Jongg: Int'l & Chinese 10am: Fabric Fanatics 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm- 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit 2:30pm: Social Line Dancing	2 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/ Bridge Level I 10am: Grand Slam Bridge 10:30am: BINGO 12noon: December Birthdays! 12noon: BP Checks – Ask A Nurse 1pm: Walk the Neighborhood 1:30pm: Trip Committee Meeting	3 12:30-1:30pm: Free Exercise Equipment Orientation – Fitness Rooms ~ ~ ~ ~ ~ Festival of Lights and Carols
5 8am: Men's Coffee Group 9:30am: All Bridge Groups 10 :00am: Mah Jongg/Grand Slam 10:30am: Line Dancing 10:30am: DAY AT THE RACES 12 noon: Chess 12 noon: NOVA Neighbors Bridge 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm: Drawing & Painting Class	6 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 12:30pm: Sr Clogging: Beg II 1pm: Current Events / Pickleball 2pm: World Powers 1930's game 2:20pm: Dance Party – 4 wks. 3pm: Beg Pickleball Lessons	7 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle TRIP: Historic Leesburg or Leesburg Corner Premium Outlets 12noon: Chess 1-3pm: Pickleball 2:15pm: Stretch & Balance	8 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 9:30am: Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm– 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit 2:30pm: Social Line Dancing	9 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/ Bridge Level I 10am: Grand Slam Bridge 10:30am: BUNCO 12 noon: LUNCH & LEARN: "Origami – Art of Folding Paper" 1pm: Walking	10 Santa Claus Calling Program: Ho! Ho! Ho! <i>Senior Men call youth ages 3-7 years old as the jolly ole man!</i> Sun 12/11-Wed 12/14
12 8am: Men's Coffee Group 9:30am: All Bridge Groups 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing 12noon: Chess 12noon: Gingerbread House 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm: Drawing & Painting Class 5-8pm: Santa Calling Program	13 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 12:30pm: Sr Clogging: Beg II 1pm: Current Events / Pickleball 1:30pm: Hospitality Committee Mtg. 2pm: World Powers 1930's game 2:20pm: Dance Party 5-8pm: Santa Calling Program	14 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: MOVIE & POPCORN: Grandma TRIP: Riverside Dinner Theater: A Christmas Story, The Musical 12noon: Chess 1-3pm: Pickleball 2:15pm: Stretch & Balance 5-8pm: Santa Calling Program	15 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 9:30am: Pinochle 10am: Mah Jongg: Int'l & Chinese 10 am: Fairfax Antique Arts Assn. 10:30am German Conversation 11:30/11:45am: LUNCH BUNCH 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm- 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit 2:30pm: Social Line Dancing	16 8am: Men's Coffee Group 8:30am: Seniorcise 9:15am/10:15am: Tai Chi: Adv/Beg 9:30am: Pincoble/ Bridge Level I 9:30am: Coupons For Military 10am Grand Slam Bridge 11:30am: Christmas Holiday Pot Luck Party 1pm: Walking	17  Fitness Room Open Mon-Thur 8am-9pm, Fri 9am-5pm Sat & Sun 9am-2pm FREE for 55+ with card
19 8am: Men's Coffee Group 9:30am: All Bridge Groups 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing - \$5 10:30am: DAY AT THE RACES 12 noon: Chess 12 noon: NOVA Neighbors Bridge 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm: Tea&Talk - + Immunity TRIP: Meadowlark Lights Walk	20 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events / Pickleball 2pm: World Powers 1930's game 2:20pm: Dance Party	21 WINTER SOLSTICE: 5:44am 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 12noon: Chess 1-3pm: Pickleball 2:15pm: Stretch & Balance	22 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 9:30am: Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm– 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit 2:30pm: Social Line Dancing	23 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Pincoble/ Bridge Level I 10am Grand Slam Bridge 10:30am: BUNCO Christmas Holiday – Closed at Noon 	24 **** All Potluck Luncheons and Guest Speakers require advanced registration at the Front Desk or call (703) 273-6090 Check out our website www.fairfaxva.gov
26 Christmas Holiday – Center Closed 	27 8 am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events / Pickleball 1:30pm: Senior Council Meeting 2:20pm: Dance Party	28 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: MOVIE & POPCORN: The Second Best Exotic Marigold Hotel 12noon: Chess 1-3pm: Pickleball 2:15pm: Stretch & Balance	29 8am: Men's Coffee Group 9:30am: Pinochle 10am: Mah Jongg/10:30am German 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm- 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit 2:30pm: Social Line Dancing	30 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Pincoble/Bridge Level I 9:30am: Coupons For Military 10am: Grand Slam Bridge 10:30am: BINGO 11:30am: New Year's Pizza Party 12noon: BP Checks-Ask A Nurse	Mon, 2 January 2017: New Year's Holiday Center Closed 

Trips

The City of Fairfax Senior Center

Young at Heart Trips

4401 Sideburn Road, Fairfax VA 22030

All trips require reservations – first come, first serve. Payment is due at time of registration unless placed on a wait list. **Trips depart from the Green Acres Senior Center.** Please arrive 15-30 minutes before departure. \$5.00 fee added per trip for non-members (non-City of Fairfax, non-Fairfax County).

Registration Time – (for September and October Trip registrations)

Walk-In: AUGUST 1st, 2016 at 8:30 am

Online & Phone (with a credit card): AUGUST 1st, 2016 at 8:30 am

CALL: 703-273-6090

	Lunch on your own		Uneven Walking
	Mainly Walking/Standing	SG/GT	Self-Guided Tour/ Guided Tour
	Stairs Required		Weather Sensitive



SEPTEMBER TRIPS

 	Occoquan Boat Ride & Lunch at Tim's (Occoquan, VA) We will travel to Madigan's in Occoquan for an hour cruise along the Occoquan River. Eagles, ospreys, herons are some of the bird types you may spot. The captain will give local history, and identify real estate and boats along the river from our enclosed cabin. We'll dock at Tim's Restaurant for lunch (not included in the price.) Wednesday, September 7, 2016 Depart: 9:30 am Approx. Return: 4:00 pm	\$40
 GT 	Brentsville Historic District (Bristow, VA) and Rippon Lodge (Woodbridge, VA) Take a guided tour of the Brentsville Courthouse Historic Centre. Continue to Rippon Lodge Historic Site, one of the oldest known homes on 43 acres in Prince William County, built circa 1747 by Richard Blackburn. Tour the formal gardens, the Blackburn and Atkinson family cemetery, and walking trails with stunning views of the Potomac River allowing for boat and bird watching. Enjoy an included catered picnic lunch before taking a guided tour of Rippon Lodge; wear comfortable walking shoes. Wednesday, September 14, 2016 Depart: 10:00 am Approx. Return: 3:00 pm	\$46
GT 	Anderson House (Washington, DC) Explore the Society of the Cincinnati's historic headquarters, <i>Anderson House</i> , a National Historic Landmark in the Dupont Circle neighborhood. Learn the history of the Society of the Cincinnati, the significance of the American Revolution, and the lives and collections of the home's first owners, Larz and Isabel Anderson. Lunch on your own in Dupont Circle at Scion Restaurant. Wednesday, September 21, 2016 Depart: 9:00 am Approx. Return: 2:00 pm	\$15
 	Washington Nationals Baseball Game – Seniors Stroll the Bases! (Washington, DC) Live your MLB fantasy! Fans aged 62+ can come down to the field, join the Racing Presidents and stroll around the bases after the game against the Arizona Diamondbacks ends. Seats are in the Baseline Reserved Section 134, in the shade and under cover. Ticket includes Senior Stroll and \$15 food voucher. Thursday, September 29, 2016 Depart: 11:15 am Approx. Return: 6:00 pm	\$65



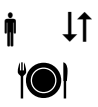
OCTOBER TRIPS

 GT	Graves Mountain Lodge (Syria, VA) This Lodge has beautiful views of the Blue Ridge Mountains as they change over to their breathlessly striking fall colors. We'll eat a family style fried chicken lunch and then head to the farm where Mr. Graves will talk about the history of his family, the lodge, and orchard. Travel to the packing shed for apple purchases before departing – bring some money! Lunch included. Wednesday, October 5, 2016 Depart: 9:30 am Approx. Return: 5:30 pm	\$45
	Riverside Dinner Theater: <i>Driving Miss Daisy</i> (Fredericksburg, VA) Starring Karen Grassle from " <i>Little House on the Prairie!</i> " After experiencing an embarrassing vehicle mishap, Miss Daisy's no longer allowed to drive. Her son hires a driver, Hoke, and slowly wins Miss Daisy over with his native good graces. After 25 years of driving together, their friendship transcends their differences. Plated lunch included. Wednesday, October 12, 2016 Depart: 10:30 am Approx. Return: 5:00 pm	\$71
 SG	Hollywood Casino OR Shepherdstown, WV (Charles Town/Shepherdstown, WV) Travel to the lower Shenandoah Valley to go to Hollywood Casino OR Shepherdstown along the Potomac River – voted one of the Coolest Small Towns! Bring money for lunch on your own at either location. Wednesday, October 19, 2016 Depart: 10:00 am Approx. Return: 5:00 pm	\$20
 GT 	Historic Old Town Alexandria Ghost Tour (Alexandria, VA) An 18 th century costumed step-on guide will tell ghost stories, legends and folklore. Debark at several legendary sites in Old Town. They'll lead us by lantern light as you hear about unsolved mysteries, tales of romance and angry ghosts looking for revenge. Bring money for dinner on your own before the tour. Wednesday, October 26, 2016 Depart: 4:30 pm Approx. Return: 9:30 pm	\$22

NOVEMBER TRIPS

 SG	Smithsonian's National Museum of African American History and Culture (Washington, DC) The 11 inaugural exhibitions will feature some of the 34,000 artifacts, rare and rarely seen objects that curators have been steadily collecting since this museum was established. The newly opened museum houses a formidable collection of art and photography, works by Charles Alston, Elizabeth Catlett, Romare Bearden and Henry O. Tanner. Lunch on your own. Wednesday, November 2, 2016 Depart: 10:00 am Approx. Return: 4:00 pm	\$15
 GT	Phillips Collection (Washington, DC) The Phillips Collection and Museum of Modern Art reunite Jacob Lawrence's masterwork <i>The Migration Series</i> , the seminal, 60-panel work by one of the most celebrated African American artists of the 20 th century. Shaped by an interdisciplinary team of scholars, this exhibition provides multiple perspectives on the historical, literary, socio-cultural, aesthetic, and contemporary manifestations of migration that underlie Lawrence's visual narrative. Bring money for lunch in the museum café, Tryst. Wednesday, November 9, 2016 Depart: 9:30 am Approx. Return: 3:30 pm	\$28
	Arena Stage – Carousel (Washington, DC) Dazzling lights, swinging songs and a bad boy to melt your heart! When Billy Bigelow and Julie Jordan fall in love, little do they realize that his rebellious ways will lead to tragedy. Given a chance to make good, will a lucky star save Billy and those he loves? This epic production bursts with classic songs like "June Is Bustin' Out all Over" and "You'll Never Walk Alone." No food option: please eat beforehand or bring snacks. Wednesday, November 16, 2016 Depart: 10:30 am Approx. Return: 3:30 pm	\$74

DECEMBER TRIPS

 	Leesburg Corner Premium Outlets/Historic Leesburg (Leesburg, VA) Do your holiday shopping where the prices and selection are great! Or choose to explore historic downtown Leesburg. Wear comfortable shoes and dress for the weather. Lunch on your own at either site. Wednesday, December 7, 2016 Depart: 10:00 am Approx. Return: 4:00 pm	\$15
 	Riverside Dinner Theater: A Christmas Story The Musical (Fredericksburg, VA) Christmas is approaching and 9 year-old Ralphie wants only one thing: a Red Ryder Range 200 Shot BB gun. When he mentions it at the dinner table, his mother's immediate reaction is that he'll put his eye out. Ralphie mounts a full-scale, hint dropping campaign that is a sly combination of innocence and calculation. Plated lunch included. Wednesday, December 14, 2016 Depart: 10:00 am Approx. Return: 5:00 pm	\$71
GT  	Meadowlark's Walk of Lights (Vienna, VA) Experience over 500,000 lights and displays that bring Meadowlark Botanical Gardens to life! The magical garden is transformed into a half-mile, animated light show. Put on your walking shoes to experience a regional festive tradition; dress for the weather. Bring money for a dinner stop at Reston Town Center. Monday, December 19, 2016 Depart: 4:45 pm Approx. Return: 9:00 pm	\$ - TBA

All trips require reservations – First come, First serve. Payment is due at time of registration unless placed on a Wait List.

If you sign up, Show Up!

Trips depart from Green Acres Center: 4401 Sideburn Road, Fairfax, VA 22030.

Please arrive 15-30 minutes before departure to Check-In with your City of Fairfax Senior Center membership card.

(If you do not have a membership card, please arrive 30-45 minutes ahead of time with a valid ID in order to make a free card for Fairfax City or County residents; \$5/day fee or \$50 per year for others).

Cancellations must be one week in advance to be considered for a refund.

No refunds on pre-purchased tickets, unless a wait list or YOU, the participant, find a replacement –

ALL SALES ARE FINAL!

Inclement Weather: Each day trip will be individually decided based on CUE bus availability and other factors.

Senior Classes

Activity	Day(s) and Time(s)	Fee(s)
Beginner Bridge Classes	Mon, 9:30am-11:30am	9/19-10/24. FREE with registration.
Line Dancing	Mon, 10:30am-11:30am	9/26-11/14 = \$47;\$8/class; 11/21-12/12 = \$23.50; \$8/class; 12/19 = \$5.
Chair Yoga	Mon, 2:15pm-3:15pm	9/12-9/26 = \$21; 10/10-11/14=\$42; 11/28-12/19 = \$28; \$8/class.
Seniorcise	Tue/Wed/Fri, 8:30am-9:30am	9/6-12/30(no class 11/11, 24, 25); = \$140; 9/6-11/28; 11/1-12/30 (no 11/11, 24, 25) \$75/session; \$8/class.
AARP Smart Driver Class	Wed & Thurs, 10am – 3pm	Sept 28 & 29; Register now! Pay ck. there: <i>AARP (\$15 for members; \$20 for non)</i>
Easy Strength Training	Tues, 11:30am-12:30pm	9/6-10/25; 11/1-12/27 = \$34/session.
Beg. Pickleball Lessons	Tues/Thurs, 3:00pm-4:00 pm	9/6, 13 & 15; 10/4, 11 & 18; 11/22, 29& 12/6 = \$20/session.
Learn Spanish:Mi chu chu tren	Thurs, 2:00pm-3:00pm	9/8-10/20; 10/27-12/15 = \$100
Intro. To Digital Scanning	Wed, 10/12: 2:00pm-4:00pm	<u>Or</u> Fri 10/14: 9:30am-11:30am. FREE
Easy Strength Training	Thurs, 11:30am-12:30pm	9/8-10/27; 11/3-12/29 (No class 11/24) = \$34; no drop-ins.
Intro. American Mah Jongg	Thurs, 1:00pm-3:30pm	10/20 – 11/3. FREE.
Sit & Get Fit	Thurs, 2:15pm-3:15 pm	9/8-10/27; 11/3-12/29 (no class 11/24) = \$43; \$8/class.
Tai Chi Chuan	Fri, Beg: 10:15am-11:15am; Fri, Adv: 9:15am-10:15am	9/2-10/21; = \$46/session; 10/28-12/16 (no 11/11& 25) = \$34.50/session; \$8.
Blood Pressure Screenings and “Ask a Nurse”	Fri, 12 noon – 1pm	After Bingo: 9/9 & 23, 10/7 & 21, 11/4 & 18, 12/2 & 30. FREE!
Senior Stretch & Balance	Wed, 2:15pm-3:15pm	9/7-10/26; 11/2-12/28 (no 11/23, 11/24) = \$43; \$8/class.
NEW! Tea and Talk	Mon, 4:00pm-5:00pm	9/12, 10/17, 11/14, 12/19= FREE w/ registration;\$5 to instructor prior class
NEW! Senior Clogging I	Tues, 12:30pm-1:30pm	9/13-11/1 = \$65
NEW! Senior Clogging II	Tues, 12:30pm-1:30pm	11/29-1/31 = \$65 (no 12/20 & 27)
NEW! Dance Party	Tues, 2:20pm -3:15pm	9/6-10/11; 10/18-11/29 (no 11/22 & 24) = \$32/session A/B; 12/6-12/27=\$21; \$8/class
Social Line Dancing	Thurs, 2:30pm-3:30pm	9/8-10/27; 11/3-12/29 (no 11/24) = \$47/session; \$8/class
Draw & Paint Art Classes	Mon, 4:00pm-5:30pm	9/19-10/24; 11/7-12/12 = \$73/session; \$12/class.
NEW! Santa Claus Calling Program	Sun-Wed, 5:00pm-8:00pm	12/11-14

Adult Classes at Green Acres Center

No classes on City Holidays: Sept. 5, Nov. 11, 24 & 25, Dec. 23 after 12 noon, Dec. 26, Jan. 2, 2017

Activity	Day(s) and Time(s)	Fee(s)
Personal Fitness Training	Call for Appt.: 703-273-6090	Fees to announced
Sin Moo Hapkido Martial Arts	Mon and Wed, 6:30pm-8:00pm	8/29-10/24 (no 9/5); 10/26-12/28 (no class 11/23 & 12/26) = \$76/session.
B-Fit	Tues/Thurs/Fri, 9:30am-10:25am	9/6-10/28; 11/1-12/28 (no class 11/11, 24, 25) = \$96/session; \$8/class.
Morning Pilates	Tues/Wed/Fri, 10:30am-11:30am	Tu: 9/6-10/25 & 11/1-12/20; W: 9/7-10/26 & 11/2-12/21; Fr: 9/9-10/28 & 11/4-12/30 (no 11/11, 25) = \$56/day/session; \$8/class.
Traditional Yoga for Beginners	Tues, 6:00pm-7:00pm	9/6-10/25; 11/1-12/27 (no 11/22) = \$56; \$8/class.
Irish Social Dance	Tues, 7:15pm-8:45pm	9/6-10/4; 10/11-11/8; 11/15-12/13 = \$35.
PM Pilates	Tues or Thurs, 7:45pm-8:45pm	9/6-12/20; 9/8-12/22= \$116; 9/6-10/25; 11/1-12/20; 9/8-10/27; 11/3-12/22=\$60/session; \$8/class
Cardio Strength Training	Wed, 9:30am-10:25am	9/9-10/28; 11/2-12/21 = \$56/session; \$8/class.
Zumba Fitness	Wed, 11:30am-12:30pm	9/7-10/26; 11/2-12/21 (no class 11/11) = \$61/session; \$8/class.
Clogging I	Thurs, 8:00pm-9:00pm	9/15-11/3 = \$65.
Clogging II	Thurs, 7:00pm-8:00pm	9/15-11/17; 12/1/16-2/16/17=\$77/session
Clogging: Beginner II	Wed; 7:00pm-8:00pm	9/14-11/16; 11/30-2/15=\$77/session
Clogging: Happy Feet	Wed; 8:00pm-9:00pm	9/14-11/16; 11/30-2/15=\$77/session
Saturday Irish Dance	Sat, 9:00am-10:00am	10/8 and 10/15=\$14;\$8/drop
Open Pickleball Play	Wed, 7:30pm-9:30pm	9/7-12/28 (no 11/23) = \$90/15 sessions; \$8/evening.
Yoga	Thurs, 10:30am-11:25am	9/8-10/27; 11/3-12/29 (no 11/24) = \$56/session; \$8/class.
Aerobic Dancing by Jacki Sorensen	Tues/Thurs, 6:30pm-7:30pm	(T)9/13-12/13=98; (TH)9/15-12/15=\$91; (T/TH)9/13-12/15 = \$162; \$8/drop-in.
Beginner Tai Chi Chuan	Wed, 6:00pm-7:00pm	9/7-10/26=\$55; 11/2-12/14(no 11/23)= \$41.25
Hot Hula Fitness	Mon, 5:30pm-6:30pm	9/12-10/31=\$60; 11/7-12/19 = \$53.
Meditation	Wed, 7:00pm-8:00pm	9/7-10/12; 10/19-11/30(no 11/23)=\$60/session; \$8/class; 12/7-28=\$36; \$12/class
Clock Repair	Mon & Wed; 6:30pm-9:30pm	9/12-12/21 (No Class 10/10, 11/23)=\$211
Social Line Dancing	Wed, 7:00pm-8:00pm	9/7-10/26; 11/2-12/28 (no 11/23)=\$50; \$8/day
Green Acres Fitness Pass	M-Th 5-9pm; Sat/Sun 9a-2p	Year: \$96 Month: \$15 Daily: \$5

"Your Way" Fitness Plan

Sept. 6 – Dec. 30 (no class 11/11, 24, 25, & 12/26): \$205 – Choose the Classes to Fit Your Schedule!

<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9:30am – B-Fit	9:30am – Cardio Strength	9:30am – B-Fit + Zumba Tone	9:30am – B-Fit
10:30am – Pilates	10:30am – Pilates	10:30am – Yoga	10:30am – Pilates
	11:30am - Zumba		

Senior Center Ongoing Activities

These are ongoing activities that take place as part of the Senior Center. Mark your calendars - participate in the fun! More information on activities taking place at the Senior Center can be found on our website at www.fairfaxva.gov/parksRec or drop by for a current calendar.

Men's Morning Coffee Group

Every morning, Monday-Friday: 8am-10am:
Coffee, breakfast treats and lively conversation.

Bocce

May – September, Thursdays, 9am-11am:
Tournament-style play. Outdoor courts.

90's Club

For those in 10th decade, meet 4th Friday, 10am.

WWII Veterans Association

Meets quarterly. Call Bill Sheads: 703-323-9444.

Current Events Group

Every Tuesday, 1pm-3pm: Discuss the latest topics going on in our world.

Mah Jongg – American and Chinese

Every Monday and Thursday, 10am-2pm:
Similar to Rummy; a game of skill, strategy and calculation involving a certain degree of chance.
American FREE lessons: 10/20-11/3, 1-3:30pm.

Cut Coupons for Military Families: Fourth Friday at 9:30am- *except Nov and Dec are the 3rd Friday of the month.*

Fairfax Antique Arts Association

Third Thursday monthly at 10am: Invites guest speakers to show and discuss their collections.

BUNCO

Fridays at 10:30am: *except in Dec.*
Please check monthly calendar for dates.

Pinochle/Mexican Train/Canasta

Played daily throughout the week starting at 9:30am or 10am. Refer to monthly calendar.

Bridge Groups:

Beginning Bridge Play: Mondays and Fridays, 9:30am-11:30am.

Contract/Duplicate: Mondays, 9:30am-12noon.

Advanced Contract: Thursdays, 9:30am-2pm.

Grand Slam: Mondays/Fridays, 9:30am-2pm.

NOVA Neighbors Bridge: First and third Mondays, 12noon-3pm.

Beginner Bridge Classes: Mon, 9/28-11/9: 9:30-11:30am. FREE classes with Registration at Front Desk

Military History with Keith Young

Every Tuesday, 10am-Noon: Covers military history beginning with the Revolutionary War to the present.

Library

Books loaned on Honor system: enjoy and return. We appreciate book donations published after year 2000.

Monthly Birthday Celebrations

First Fridays at 12 noon.

55+ Pickleball

Monday, Tuesday, Wednesday, Thursday and Fridays: 1pm -3pm. A racquet sport which combines elements of badminton and table tennis. Fee lessons available.

"Fabric Fanatics" Sewing Group

Thursday each month, 10am-3pm:
A wonderful way to work on your own project or offer your help for a charitable cause. **Refer to calendar.**

WWII Veterans Association

Meets quarterly. Call Bill Sheads: 703-323-9444.

Millennium Art Guild

Every Thursday, 1pm- 4pm: Artists bring in their own art projects and supplies. All forms of art welcome. For information, call Shirley Staples: 703-218-3172.

BINGO

Every other Friday of the month at 10:30am:
Please check monthly calendar for dates. \$2/2cards.

Day at the Races

Every other Monday of the month, 10:30am:
Please check calendar for dates.

German Conversation

Thursdays from 10:30am-Noon: For interesting discussions, learning situations and fun! Beginners and friends of German culture are quite willkommen: Aufwiedersehen.....

Chess

Mondays at 12 noon in the library.

Talents & Skills to Share? Please discuss with staff!

Senior Happenings



Congratulations!



Thanks to all those that participated in the 4th of July parade ~ and to King Ellis Hamilton and Queen Boots Rowland!

The City of Fairfax Parks and Recreation Department and the Independence Day Celebration Committee congratulate the YAH group for winning Honorable Mention in the Marching Unit Adult Category at the City of Fairfax Independence Day Celebration Parade!

Annual Young at Hearts Photo Contest

Pictures Wanted!

Photographs must be taken between January 1st and September 29th, 2016

Categories include:

- Friends and Family
- Nature
- Travel
- Around Our City

An Application with Rules are available at Green Acres Center between the restrooms.

All entries must be submitted to the Senior Center staff no later than 12 noon on Friday, September 29, 2016.

Prizes will be awarded for each category on Friday, October 7th at 12:30pm in the Senior Center.

Winning entries will be limited to two per person.

The actual prizes will be determined prior to the completion of the contest and may include printing in either a Senior Center or other City of Fairfax publication.

Rules:

- Contest is open to members of the City of Fairfax Senior Center.
- Picture must have been taken between January 1, 2016 and September 29, 2016.
- Only one entry per person per category
- Each entry must be a 4 x 6 inch glossy print.
- Each entry must be accompanied by an entry form.
- The entry must be submitted by the owner of the photograph.
- A contestant cannot also participate as a judge.



MOVIE & POPCORN TIME

All movies will be held on **Wednesdays at 10:00am in Room 111.**

September 28: The Intern

Ben Whittaker (Robert DeNiro) is a 70-year-old widower who has discovered that retirement isn't all it's cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site, founded and run by Jules Ostin (Anne Hathaway). Rated PG-13.

October 26: Concussion

Will Smith stars in Concussion, a dramatic thriller based on the incredible true David vs. Goliath story of American immigrant Dr. Bennet Omalu, the brilliant forensic neuropathologist who made the first discovery of CTE, a football-related brain trauma, in a pro player and fought for the truth to be known. PG-13.

November 23: The Martian

During a manned mission to Mars, astronaut Mark Watney (Matt Damon) is presumed dead after a fierce storm and left behind. But Watney has survived and finds himself alone on Mars. With meager supplies, he draws upon his ingenuity, wit and spirit to subsist, and finds a way to signal he's alive. Meanwhile, NASA and international scientists work to bring "the Martian" home, while his crewmates plot a rescue mission. PG-13.

December 14: Grandma

Elle Reid (Lily Tomlin) has just broken up with her girlfriend when granddaughter Sage unexpectedly shows up needing \$600 before sundown. Grandma and Sage spend the day trying to get their hands on the cash as their unannounced visits to old friends and flames ends up rattling skeletons and digging up secrets. Rated R.

December 28: The Second Best Exotic Marigold Hotel

Sonny prepares to expand the Best Exotic Marigold Hotel for the Elderly and Beautiful while planning his wedding to Sunaina in this sequel. As the contented residents of the hotel (Judi Dench, Bill Nighy) settle in, new guests Guy (Richard Gere) and Lavinia (Tamsin Greig) find there is 1 vacancy. New co-manager Muriel (Maggie Smith) has her work cut out for her. Rated PG.

Tea & Talk on select Mondays, 4:00-5:00 pm.

with Certified Nutritionist, Jann Richards-Weltman

There's lots of nutrition information out there, and it can get a bit overwhelming and confusing with contradictory information over the past several decades. However, Nutrition Science has made great strides over the past 20 years! Enjoy a cup of herbal tea as we discuss topics that can affect your health:

Sept 12 ***Benefits of Fermented Food***

Oct 17 ***Is Your Body Inflamed? The Anti-Inflammatory Food Pyramid***

Nov 14 ***Coconut Oil – Superfood!***

Dec 19 ***Strengthening Your Immune System***

Fee: FREE with Registration; \$5 supply fee payable to instructor prior to the Talk.

Senior Center Advisory Council

INDOOR FLEA MARKET & FIXIN'

Saturday, October 22, 2016: 9:00 am – 1:00 pm

At the Sherwood Center, 3740 Old Lee Highway, Fairfax

Find that special treasure! Many booths to browse through!

Get rid of your stuff - Vendor applications now available!

- **Hosted by the Young at Heart Senior Center's Senior Council**

The Senior Center Advisory Council's membership is composed of volunteers who have varied areas of interest and involvement in programs and activities at the Senior Center and within the City of Fairfax. The Senior Council Meetings are held the 4th Tuesday of the month at 1:30pm.

The Senior Council members for the 2015/2016 year:



Seated left to right: Camille McNeil, Jane Albro, Marcia Clukey;

Standing left to right: George Evans, Gail Wade, Paul Kavanaugh, Jane Woods, Larry Steinman, Judy Balser, Duane Perry. Not shown: Aldo Domenichini.

Currently we are Accepting Names and Applications for potential Senior Council members to sit on our eleven member Senior Center Advisory Council for a new 2-year term beginning in September 2016. Deadline for submission is August 1, 2016.

If you are interested in becoming a part of this dynamic group, please call 703-273-6090. Forms are available in the Green Acres Center lobby; submit to Front Desk

Senior Spotlight



In this Fall edition of our newsletter, we are highlighting **Ron and Peggy Tugwell!**

Green Acres sure is the place to be for these two pickle ball enthusiasts!

The Tugwell's have been members of the senior center for about five years. They stop by the center nearly every day to play pickleball. Ron teaches pickleball lessons for those interested in learning the game.

Ron and Peggy have been happily married for 36 years and have two children. Their daughter lives in Austin, TX, and their son recently moved back to Virginia with his wife and 19 month old daughter, which is their only grandchild.

Ron was a guidance counselor, baseball coach, and girl's tennis coach at West Springfield High School. The West Springfield baseball field is named Tugwell Yards to honor Ron's thirty years of coaching there. He coached his son when he was in high school, and the team won the Virginia state championship in 1999. His son then went on to play professional baseball after being an All American Player at Virginia Tech.

Peggy was an elementary teacher for the Fairfax County Public School system for 27 years and was a GT (Gifted and Talented) instructor for thirteen of those years. She works part time for a neuropsychologist.

The couple's free time is spent volunteering at their church, playing pickleball, golf, and traveling. The Tugwell's make sure to check out the USAPA website that indicates where there are places to play pickleball when they are on vacation. They even went to play at an International Pickleball trip to the Dominican Republic.

The Tugwell's take pleasure in playing pickleball and would love to be able to promote pickleball play because it's a great source of exercise and a fairly inexpensive sport. If you have the right amount of mobility and hand-eye coordination it's an easy game to pick up. Ron's students range in age from 55 to 84. The Tugwell's are an active, friendly, wonderful addition to the Green Acres community!

Couples that Play together, Stay together!

Our staff look forward to seeing you soon you!



City of Fairfax Senior Center Staff from Left to Right:
Rocio Vargas, Kira Urano, Kathy Carter, Jann Richards-Weltman, Anne Chase
~ ~ ~ ~ ~

Join us at the Senior Center
Learn something new and have some fun!
Call the Green Acres Center for details:
703-273-6090

AMERICANS WITH DISABILITIES ACT
The City of Fairfax is committed to making reasonable accommodations as required by the Americans with Disabilities Act. To request a reasonable accommodation for any type of disability, call 703.385.7858

City of Fairfax Parks and Recreation Department
Young at Heart Senior Center
4401 Sideburn Road
Fairfax, VA 22030